

A
PASSPORT
TO A
HEALTHIER
YOU.

FIT
PASS



SA  PARKS

A PASSPORT TO A HEALTHIER YOU.



Welcome to Fit Pass SA, your passport to free and low cost wellness opportunities in San Antonio. Earn points to win some really great prizes for attending Fit Pass SA events. Think of it as an interactive fitness scavenger hunt. Are you up to challenge? It's fun, free to play, and a great way to keep yourself on the path towards living a healthier lifestyle.
Fit Pass SA...A passport to a healthier you!

Here's How to Play

1. Pick up a free Fit Pass SA activity passport at participating locations or download it from www.fitcitysa.com.
2. Choose the events or activities listed in this activity passport that you want to attend.
3. Check the fitcitysa.com website and follow us on Twitter @SAParksFitness for event details, Fit Pass SA updates, new event additions, full program rules, and ongoing prize contests.
4. Get your Fit Pass SA activity passport stamped by our Fit Pass SA staff to earn points for participating.
5. Once you've filled up your Fit Pass SA activity passport, redeem it for your reward and a chance to win great prizes such as bicycles, gift certificates, gaming systems, fitness equipment, and more!



Mayor's Fitness Council
City of San Antonio



Present this activity passport a Fit Pass SA representative on site at any listed event. NOTE: Each stamp must be obtained on the day of the event or activity. You must obtain the stamp to receive credit for participation. Visit www.fitcitysa.com for complete rules, detailed event/activity information, and up to date listings of Fit Pass SA eligible events. Follow us on Twitter @SAParksFitness for updates and special Fit Pass SA social media prize contests.

Return or mail this passport to the San Antonio Parks & Recreation Department by March 1st, 2014 to earn your reward and to be entered into the grand prize drawing! Passports can also be returned to any Fit Pass SA representative on site at Fit Pass SA listed events.

San Antonio Parks & Recreation
5800 Old Highway 90 W.
San Antonio, Texas 78227
Attn.: Fit Pass SA

Questions or
Comments?
Call us at (210) 207-3000

Name

Address

E-mail

Phone Age

6.15.13
Swim at a city pool
1 - 4 p.m. only
3 points

6.19.13
Try a Por Vida
healthy menu item
11:30 a.m. - 1:30 p.m. only
3 points



6.19.13
Kid's Nutrition Class at H-E-B
2 points

6.25.13
Go lap swimming
at Woodlawn Pool
2 points

6.25.13
Fit Family Challenge
Edgewood ISD Workout
at the Neighborhood Place
2 points

6.26.13
Fit Family Challenge
Southwest ISD Workout
at McAuliffe Middle School
2 points



6.26.13
Go lap swimming
at LBJ Pool
2 points

6.27.13
Go lap swimming
at Heritage Pool
2 points



6.27.13
Fit Family Challenge
Northside ISD Workout
at Pat Neff Middle School
2 points

6.29.13
Salud Al Pasito
3 points

6.29.13
Fit Family Challenge
District 6 Fitness Fest
at Gustafson Stadium
4 points

June/July 2013
Check in via FourSquare
at Woodlawn Park
Time TBA
4 points

7.2.13
Fit Family Challenge
Harlandale ISD Workout
at Rayburn Elementary
2 points

7.3.13
Zumbathon
at Westside Family YMCA
3 points

7.3.13
Fit Family Challenge
San Antonio ISD Workout
at Edison High School
2 points

7.6.13
First Saturday Nature Walk
at Eisenhower Park
3 points



7.9.13
Go lap swimming
at SS Lions Pool
2 points

7.10.13
Go lap swimming
at Woodlawn Pool
2 points



7.9.13
Fit Family Challenge
South San ISD Workout
at Kazen Middle School
2 points

7.10.13
Fit Family Challenge
Southwest ISD Workout
at McAuliffe Middle School
2 points

7.11.13
Fit Family Challenge
Southside ISD Workout
at 9th Grade Academy
2 points

7.13.13
Try a Por Vida
healthy menu item
11:30 a.m. - 1:30 p.m. only
3 points



7.11.13
Go lap swimming
at LBJ Pool
2 points

7.13.13
Second Saturday Screening
at H-E-B
9 a.m. - 12 p.m. only
2 points



7.14.13
Herbs Outside the Box
Workshop at Little Patch
Community Garden
4 points

7.17.13
Fit Family Challenge
San Antonio ISD Workout
at Edison High School
2 points



7.16.13
Fit Family Challenge
Edgewood ISD Workout
at Neighborhood Place
2 points

7.18.13
Fit Family Challenge
Northside ISD Workout
at Pat Neff Middle School
2 points

7.20.13
Fit Family Challenge
District 3 Color 5K
at SS Lions Park
4 points

7.20.13
Play Again Family Event
at Denver Heights
Community Garden
4 points



7.20.13
Botanical Garden Bird Walk
3 points

7.23.13
Fit Family Challenge
Harlandale ISD Workout
at Rayburn Elementary
2 points



7.24.13
Try a Por Vida
healthy menu item
9 – 11 a.m. only
3 points

7.27.13
Try the outdoor fitness
equipment at McAllister Park
10 a.m. – 12 p.m. only
3 points



7.25.13
Fit Family Challenge
Southside ISD Workout
at 9th Grade Academy
2 points

7.27.13
Get Fit with Fido
at Salado Creek Trailhead
(LBJ Park)
3 points

7.30.13
Fit Family Challenge
South San ISD Workout
at Kazen Middle School
2 points

July/August 2013
Fitness Challenge Test
5 points



7.31.13
Bike ride on a Greenway
Trail at Hardberger Park
East Trailhead
10 a.m. only
3 points

July/August 2013
Library Summer Fest
at various locations
4 points



TBA - August 2013
Get Out & Play SA!
10 points

8.3.13
Get Fit with Fido
at Salado Creek Trailhead
(LBJ Park)
3 points



8.7.13
Grocery store tour at H-E-B
2 points

8.7.13
Try a Por Vida
healthy menu item
11:30 a.m. - 1:30 p.m. only
3 points

8.10.13
Cooking Demo & Tasting
at H-E-B
2 points

8.13.13
Run with SAMA
at San Antonio Museum of Art
2 points



8.10.13
Second Saturday Screening
at H-E-B
9 a.m. - 12 p.m. only
2 points

8.17.13
Get Fit with Fido
at Salado Creek Trailhead
(LBJ Park)
3 points



8.21.13
Try a Por Vida
healthy menu item
11:30 a.m. - 1:30 p.m. only
3 points

8.24.13
Community rain dance
at Alamo Heights
Community Garden
3 points



8.24.13
Go swimming at a city
regional pool
2 - 4 p.m. only
3 points

8.29.13
Grocery store tour at H-E-B
2 points

8.31.13
Back to School Fitness Bash
at Westside Family YMCA
4 points

9.4.13
Bike ride on a Greenway Trail
at Valero Trailhead
10 a.m. only
3 points



September 2013
Fitness in the park
Zumba class
2 points

9.7.13
Get Fit with Fido
at Salado Creek Trailhead
(LBJ Park)
3 points



9.10.13
Run with SAMA
at San Antonio Museum of Art
2 points

9.14.13
Second Saturday Screening
at H-E-B
9 a.m. - 12 p.m. only
2 points



9.11.13
Try a Por Vida
healthy menu item
9 - 11 a.m. only
3 points

9.14.13
YMCA Fall Open House
at Thousand Oaks YMCA
3 points

9.21.13
YMCA Fall Open House
at Mays YMCA
3 points

9.26.13
Nutrition Cancer Prevention
Nutrition Class at H-E-B
3 points



9.25.13
Try a Por Vida
healthy menu item
11:30 a.m. - 1:30 p.m. only
3 points

9.27.13
Salud Al Pasito
3 points



9.28.13
Native Plant Walk
at Botanical Gardens
4 points

9.28.13
Por Tu Familia
Conferencia Educativa
at The Neighborhood Place
5 points



9.28.13
Volunteer at the Viva
Voluntarios Event
at Medina River Natural Area
4 points

TBA - September 2013
NFL Punt, Pass, Kick (kids
only) at Wheatley Heights
Sports Complex
5 points

TBA - September 2013
Play in the Street - Siclovía
7 points

10.2.13
Grocery store tour at H-E-B
2 points



October 2013
Fitness in the park
Boot Camp class
2 points

10.5.13
First Saturday Nature Walk
at Eisenhower Park
3 points



10.8.13
Run with SAMA
at San Antonio Museum
of Art
2 points

10.12.13
Try the outdoor fitness
equipment at Woodlawn Park
10 a.m. - 12 p.m. only
3 points



10.9.13
Bike ride on a Greenway Trail
at SS Lions Park (Salado Creek)
10 a.m. only
3 points

10.16.13
Try a Por Vida
healthy menu item
11:30 a.m. - 1:30 p.m.
3 points

10.19.13
Active Family Fun Day
at Harlandale Community
Center
5 points

10.24.13
Nutrition Cancer Prevention
Nutrition Class at H-E-B
3 points



10.20.13
Vanishing of the Bees Event
at Olmos Park Terrace Garden
4 points

10.26.13
Botanical Garden
BOOtanica Event
4 points



10.26.13
Trunk or Treat Event
at DR Semmes YMCA
4 points

11.2.13
Get Fit with Fido
Salado Creek Trailhead
(LBJ Park)
3 points



10.26.13
American Heart Association
Heart Walk at Nelson Wolffe
4 points

11.5.13
Try the outdoor fitness
equipment at Palm Heights
5 - 7 p.m. only
3 points

11.9.13
Try the outdoor fitness
equipment at Millers Pond
10 a.m. - 12 p.m. only
3 points

11.13.13
Try a Por Vida
healthy menu item
11:30 a.m. - 1:30 p.m. only
3 points



11.12.13
Run with SAMA
at San Antonio Museum of Art
2 points

11.16.13
Active Family Fun Day
at Ramirez Community Center
5 points



11.29.13
Try the outdoor fitness
equipment at Stone Oak Park
5 - 7 p.m. only
3 points

12.6.13
Native Plant Walk
at Botanical Gardens
4 points



December 2013
Fitness in the park
Yoga class
2 points

12.7.13
First Saturday Nature Walk
at Freidrich Park
3 points

12.10.13
Run with SAMA
at San Antonio Museum of Art
2 points

12.14.13
Try the outdoor fitness
equipment at Pickwell Park
3 points



12.11.13
Try a Por Vida
healthy menu item
11:30 a.m. - 1:30 p.m. only
3 points

12.14.13
Second Saturday Screening
at H-E-B
9 a.m. - 12 p.m. only
2 points



January 2014
Fitness in the park
Walking group
2 points

1.15.14
Try a Por Vida
healthy menu item
11:30 a.m. - 1:30 p.m. only
3 points



1.11.14
Second Saturday Screening
at H-E-B
9 a.m. - 12 p.m. only
2 points

1.18.14
Get Fit with Fido
at Salado Creek Trailhead
(LBJ Park)
3 points

1.23.14
Bike ride on a Greenway Trail
at Medina Natural Area
10 a.m. only
3 points

2.8.14
Get Fit with Fido
at Salado Creek Trailhead
(LBJ Park)
3 points



February 2014
Fitness in the park
Zumba class
2 points

2.8.14
Second Saturday Screening
at H-E-B
9 a.m. - 12 p.m. only
2 points



2.12.14
Try a Por Vida
healthy menu item
9 - 11 a.m. only
3 points

Fitness in the park
Thunderstruck Boot Camp
at Garza Community Center
2 points



TBA - March 2014
Play in the Street - Siclovía
7 points

SA Food Bank Viva Bien!
Diabetes Education Class
at SA Food Bank
3 points

Volunteer at the SA Food Bank
Spurs Community Garden
5 points

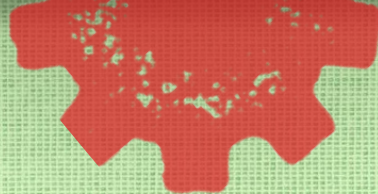
Fitness in the park
Family friendly yoga class
2 points



Follow @SAParksFitness
on Twitter
2 points

Kid Fit SA
Fitness in the park class
2 points





TBA
Play Rotengo
3 points

TBA
Try a dance class at
Bertha Almaguer Studio
4 points



TBA
Run in the City Manager's 5K
7 points



